

**AMENDMENTS TO THE CLAIMS**

1. (Currently amended): A system for monitoring the use of a display by a user, the system comprising: a display used by the user for performance of a task; a first sensor positioned relative to the display and selected from the group consisting of a distance sensor and a light sensor; and a means for automatically notifying user when user is not at a proper viewing distance; wherein the means for notifying user comprises switching the display to a screensaver type.
2. (original): The system of claim 1, further comprising a communication link between the system and a computer system accessible using a hypertext protocol.
3. (original): The system of claim 1, wherein the display is selected from the group consisting of a CRT monitor, an LCD monitor and a flat panel.
4. (original): The system of claim 3, wherein the first sensor is incorporated into a bezel of the display or structure supporting the display.
5. (original): The system of claim 1, further comprising at least three light sensors positioned to determine a source of multidirectional light relative to the user.
6. (original): The system of claim 1, wherein the first sensor includes an incorporated camera or incorporated imaging sensor.
7. (original): The system of claim 6, wherein the incorporated camera or incorporated imaging sensor is capable of monitoring blink rate.
8. (original): The system of claim 1, further comprising a computer for processing inputs from the first sensor.
9. (original): The system of claim 1, further comprising a cable coupling the first sensor to the system.
10. (original): The system of claim 1, wherein the first sensor is positioned to monitor the display.
11. (original): The system of claim 1, wherein the first sensor is positioned to monitor the display.
12. (original): The system of claim 1, further comprising a remote input device.

13. (original): The system of claim 1, wherein the first sensor is a distance sensor.

14. (original): The system of claim 1, wherein the first sensor is a light sensor.

15 – 32. (cancelled)

33. (currently amended): ~~The system of claim 32,~~ A system for monitoring the use of a display by a user using the display for performance of a task, the system comprising: a display; a first sensor positioned close to the display and selected from the group consisting of a distance sensor and a light sensor; and a software program for processing inputs from the first sensor and for displaying a test pattern on the display, wherein the distance sensor measures viewing distance, the light sensor measures ambient light, and wherein the test pattern is a test pattern usable for at least one test selected from the group consisting of a visual acuity test, a visual field test, an amplitude of accommodation test, and a color sensitivity test.

34 – 37. (cancelled)

38. (new) The system of claim 1, wherein the switching comprises use of a switching algorithm.

39. (new) The system of claim 38, wherein the switching algorithm ignores momentary infrequent violations of distance limits.

40. (new) The system of claim 1, wherein normal use of the system is suspended until user returns to a proper viewing distance or until a lapse of time.

41. (new ) A system for monitoring the use of a display by a user, the system comprising: a display used by the user for performance of a task; a first sensor positioned relative to the display and selected from the group consisting of a distance sensor and a light sensor; and a means for automatically notifying user when user is not at a proper viewing distance, wherein the first sensor includes an incorporated camera or an incorporated imaging sensor which is capable of monitoring blink rate.

42. (new) A method for determining a viewing distance, wherein the viewing distance relates to a distance between a user and a display, using a distance sensor positioned relative to the display, comprising the steps of:

(a) positioning the user in front of the display in order to perform a task using the display; and

(b) allowing the distance sensor to measure a viewing distance between the distance sensor and the user; and receiving an analysis of the measurement, wherein the analysis of the measurement comprises automatically notifying user when user is not at a proper viewing distance; wherein notifying user comprises switching the display to a screensaver type.

43. (new) A method for determining a viewing distance, wherein the viewing distance relates to a distance between a user and a display, using a distance sensor positioned in a known position relative to the display, comprising the steps of:

(a) providing a distance sensor to measure a viewing distance between the distance sensor and the user while the user performs a task using the display;

(b) providing a software program that accepts input from the distance sensor of a measured distance; and

(c) providing a software program that is capable of automatically notifying the user of the measured distance and when user is not at a proper viewing distance, wherein notifying user comprises switching the display to a screensaver type.

44. (new) A method for determining a recommended viewing distance for a user using a display, the method comprising:

(a) presenting a test pattern on the display;

(b) positioning the user in front of the display;

(c) displaying a query on the display;

(d) accepting a response to the query;

(e) displaying a suggestion regarding recommended viewing distance;

and

(f) notifying user when user is not at a proper viewing distance, wherein the means of notifying user comprises switching the display to a screensaver type.

45. (new) A method of reducing eye and muscle strain of a user of a display comprising the steps of:

(a) positioning a user in front of a display for performance of a task;

- (b) providing a distance sensor for measuring viewing distance;
- (c) providing a mechanical apparatus, wherein the mechanical apparatus is capable of moving the display towards or away from user or moving the display up or down; and
- (d) providing a means of notifying user when using is not at a proper viewing distance, wherein the means of notifying user comprises switching the display to a screen saver type.

46. (new) The method of claim 45, wherein the mechanical apparatus is capable of moving automatically to adjust for accommodative and visual changes of the user.